

# LIFESTYLES

SHARE YOUR STORY

The Journal welcomes ideas for stories about people in our community who have gotten married, graduated, joined the military, etc.

Call the Journal at 285-7411

## Water intake, Dupuytren’s contracture and indigestion

**Q. How much water should I drink every day?**

A. First, water intake is a health issue that you should discuss with your doctor before deciding how much you should drink. The amount you drink is dependent upon the state of your health.

The simplest answer I could find to this very complicated question is this: If you aren’t thirsty and you produce one to two quarts of light yellow urine daily — the average output for an adult — you’re probably taking in enough water.

If you are concerned about your water intake, remember that you get water from more than just straight water. About 80 percent of your total water intake is from *all beverages*, which includes soda, coffee and beer. You get the remaining 20 percent from food.

The Institute of Medicine, a component of the National Academy of Sciences, advises men to consume more than 3 quarts of beverages daily. The IOM recommends



Fred  
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HEALTH CARE WRITER

that women consume more than 2 quarts of total beverages a day.

These guidelines are designed for normal health, activity and weather.

**Q. What is Dupuytren’s contracture?**

A. At its worst, Dupuytren’s contracture can turn a hand into a claw because the fascia — the connective bands of tissue inside the palms — shrink and make the fingers curl inward. The condition, in its milder form, creates small lumps or bands. Dupuytren’s Contracture isn’t usually painful.

Dupuytren’s is more

common in older adults, men and whites from northern European background. The late President Ronald Reagan and former British Prime Minister Margaret Thatcher both suffered from Dupuytren’s.

This condition is hereditary. And it may be linked to alcoholism, diabetes, epilepsy and smoking.

It is rare for Dupuytren’s to affect the thumb and forefinger. Usually, the ring finger and pinky feel the results. Sometimes, the middle finger may be involved. Dupuytren’s Contracture often affects both hands, but usually not equally.

**Q. What causes indigestion?**

A. Indigestion, or an upset stomach, is a general term for discomfort in your upper abdomen. This discomfort can take the form of burning stomach pain, nausea, heartburn, bloating, burping and vomiting.

We all get indigestion occasionally; about one in four of us gets an upset stomach at some time. But,

if you are suffering from this condition regularly, you should see a doctor. Indigestion — also known as “dyspepsia” — can be the result of something more serious than stuffing down a hot dog on-the-run.

Indigestion can be a symptom of acid reflux disease, an ulcer, gallbladder disease or appendicitis. It can also be a warning sign for stomach cancer, although this is rare. Some medicines can give you indigestion. Occasionally, persistent indigestion is caused by a problem in the way food moves through the digestive tract.

One of the best tips I have found to determine what causes occasional indigestion is keeping a diary of the foods you eat. A friend of mine tried this. By analyzing what he ate and how he reacted, he figured out that he was lactose intolerant.

*If you would like to ask a question, write to fred@healthygeezer.com.*

**Cicetti is a health care writer with more than 40 years of journalistic experience.**

### COMMUNITY CAFE MENU

The Community Cafe offers free meals, to anyone in Koochiching County, regardless of income, with no restrictions. The program is sponsored by the Falls Hunger Coalition and Citizens for Backus/AB with the support of local volunteers. Reservations are not required. There is no charge for the meals, but donations are accepted. Take-out meals are also available. Meals served on Tuesdays and Thursdays from 5:30 to 6 p.m. at Backus Community Center, 900 Fifth St. Call the Backus office for information, 285-7225.

<b>August 5</b> <i>Volunteer Group – First Lutheran Church</i> Soft shell tacos Lettuce Tomato Black bean salsa Watermelon	Dinner roll <b>August 19</b> <i>Volunteer Group – Zion Lutheran Church</i> Pancakes Scrambled eggs Ham Bananas
<b>August 7</b> <i>Volunteer Group – First Lutheran Church</i> Roasted turkey Potatoes Gravy Candied carrots Dinner roll	<b>August 21</b> <i>Volunteer Group – Zion Lutheran Church</i> Grilled chicken Hash browns Peas and carrots Dinner roll
<b>August 12</b> <i>Volunteer Group – St. Thomas Social Concerns</i> Chicken Parmesan over spaghetti noodles Salad Bread stick	<b>August 26</b> <i>Volunteer Group – Evangelical Covenant Church</i> Turkey subs Fresh fixings Baked bean Chips
<b>August 14</b> <i>Volunteer Group – St. Thomas Social Concerns</i> Scalloped potatoes Ham Green beans	<b>August 28</b> <i>Volunteer Group – First Baptist Church</i> Lasagna Corn Bread stick

### SENIOR MENU

Hot meals for people 60 or older are served at noon Monday through Friday at Koochiching County Senior Center, 307 Fourth St.

Meals are for anyone, regardless of income. A \$4 donation is suggest-

ed. Meals are subject to change. Participants under age 60 are welcome at \$7.50 each.

For reservations call 283-3460 the day before the meal. Cancellations may be made the day of the meal.

#### MONDAY

Salisbury steak  
Gravy  
Mashed potatoes  
Carrots  
Fruit

#### TUESDAY

Chicken breast on a bun

Lettuce leaf  
Potato salad  
Corn cobette  
Strawberry shortcake

#### WEDNESDAY

Garden potato soup  
Ham slice  
Bread

Lettuce leaf  
Slice of cheese  
Refrigerator pickles  
Fruit

#### THURSDAY

Spaghetti with meat sauce  
Tossed salad  
Fresh fruit

#### FRIDAY

Roast beef  
Mashed potatoes  
Gravy  
Carrots  
Rhubarb upside down cake



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for an appointment.

## Meeting Notice

Rainy Lake Property Owners Association:

This meeting is open to any Canadian or American who owns private or commercial property on Rainy Lake and the upper Rainy River. It has been a difficult time for all who own property on Rainy Lake this season. We need a unified voice for the future of Rainy Lake regarding riparian and water level issues that we have experienced this summer.

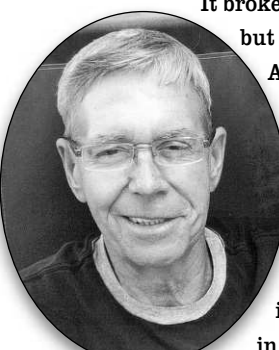
**Date:** Wednesday, August 6th  
**Time:** 7:00 pm  
**Place:** Ranier Community Building

For more information contact Tom Dougherty 218-286-5391  
rlhtom@frontiernet.net

In Loving Memory of

## Joe Growette

who passed away 1 year ago, August 5th



It broke our hearts to lose you,  
but you did not go alone.  
A part of us went with you,  
the day God took you home.  
If tears could build a stairway,  
and heartaches make a lane,  
we'd walk our way to heaven,  
and bring you back again.  
In life we loved you dearly,  
in death we love you still,  
in our hearts you hold a place  
no one could ever fill.

**Sadly missed By;**  
Susan, Bill & Stephanie, Chris, Diane,  
Eric & Jacob



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## GENERAL NOTICE

### TO CONTROL OR ERADICATE NOXIOUS WEEDS

Notice is hereby given this 9th day of July, 2014, pursuant to *Minnesota Statutes, Section 18.83, Subdivision 1 (2009)*, that all persons in Koochiching County, Minnesota, shall control or eradicate all noxious weeds on land they occupy or are required to maintain. Control or eradication may be accomplished by any lawful method, and may need to be repeated in order to prevent the spread of viable noxious weed seeds and other propagating parts to other lands. Failure to comply with the general notice may mean that an individual notice, *Minnesota Statutes, Section 18.83, Subdivision 2 (2009)*, will be issued. You may obtain a listing of the plants that are designated noxious from your County Agricultural Inspector. You can also obtain this information from your Local Weed Inspectors. Local Weed Inspectors include city mayors or their appointed assistants. More information regarding the Noxious Weed Law and State designated noxious weeds can be obtained from the Minnesota Department of Agriculture's Web Site by visiting: <http://www.mda.state.mn.us/en/plants/pestmanagement/weedcontrolcaillist.aspx>. In addition to the State listing, noxious weeds specific to Koochiching County include Field Bindweed, Hemp, Perennial Sowthistle, Bull Thistle, Tall Buttercup, and Orange Hawkweed.

Koochiching County Agricultural Inspector	218-283-1126
Koochiching County Extension Agent	218-285-0962
Or Your Municipal Weed Inspector	(City Mayor)

BY ORDER OF THE MINNESOTA DEPARTMENT OF AGRICULTURE  
AND THE KOOCHICHING COUNTY BOARD OF COMMISSIONERS



Rob Ecklund, Chairperson  
Date July 9, 2014